

CIAC INTERSCHOLASTIC SPORTS

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cross Country Girls – Lou Luciani LLuciani@vrhs.com Boys – Dawn Erazmus DErazmus@vrhs.com	Basketball – Boys – Kevin Woods KWoods@vrhs.com Girls -	Baseball Gary Ballestrini GBallestrini@vrhs.com
Field Hockey – Girls Beth Powers Bpowers@vrhs.com	Gymnastics Carl Cavrell CCavrell@vrhs.com	Golf Russ Arrigoni RArrigoni@vrhs.com
Football Tim King TAKing@vrhs.com	Indoor Track Brent Ali BAAli@vrhs.com	Outdoor Track Girls – Lou Luciani LLuciani@vrhs.com Boys – Dawn Erazmus DErazmus@vrhs.com
Soccer Girls - Rob Shepard RShepard@vrhs.com Boys – Mick Fearon Internet not available	Fencing w/Old Lyme Kelly Smith ahsmith@snet.net	Softball Ken Wilson KWilson@vrhs.com
Swimming w/H-K Contact person- Hank Koritkoski hkoritkoski@vrhs.com		Tennis Girls – Gary Ribchinsky GRibchinsky@vrhs.com Boys – Yvonne (Bunny) Logan YLogan@vrhs.com
Volleyball – Girls Kathy Scott KLScott@vrhs.com		Crew w/Old Lyme John Laundon JLaundon@vrhs.com
		Lacrosse Girls – Beth Powers bethietwin@yahoo.com Boys – Paul Ferrucci paul@ferruccicompany.com

Fall sports practices start the Saturday before Labor Day ending early November.

Winter sports practices start around Thanksgiving and continue into early March.

Spring sports practices start in the Middle of March and continue through May.

Please contact A.D. Hank Koritkoski at VRHS for additional information.

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Weight training is offered after school throughout the year.